



THRIVE NEWSLETTER



3400 West Elm Street
Lima, OH 45807
419-991-8811

UPDATES!

-The Business Office closes at 2pm Mon-Thur and 2:30pm on Fri. If you need to pay for trips or membership dues, please be sure to come before closing time.

-Potential Closing: SCS may be closing for the Solar Eclipse on April 8th. Stay tuned for the final details!

HOURS

Monday-Thursday
6:00am-7:00pm

Friday
6:00am-2:30pm

Saturday
8:00am-NOON

The Business Office will be open from 8am-2pm Monday-Thursday and 8am-2:30pm on Friday.

ANNOUNCEMENTS!

We want to thank and show appreciation to those who donated to our 2023 Annual Campaign. We can gladly report that we raised \$9,305. 

We will be kicking off our 2024 Annual Campaign soon. The donations that we receive for 2024 will go towards updating the kitchen and lobby.



HELLO MEMBERS!

Carol Russell
Executive Director

We're almost through the 1st quarter of 2024 and I hope you all have enjoyed some of the changes we have implemented in the classes and the lunches we have added. I know that me and the staff have enjoyed the opportunity to see all of you at the lunches. Donna especially enjoys doing the cooking and has much more to come! Also, **THANKS** to the Ambassadors who help serve and clean up at our events; there is great appreciation by all of us for this extra help! There are lots of fun and meaningful activities in store for the rest of this year. Ambassadors are hard at work helping us plan for the remainder of the year. In many instances, they bring the ideas forward from all of you so keep the ideas coming. We want the center to be a good place for you to come and to be what you want it to be.

The elephant in the room is the water problems we are experiencing in the locker room showers. We are fast at work trying to get the issue resolved. Remember we have a water system, not just a water heater-it is much more complicated than you might think. Please be patient!!!

Which brings me to my next topic - the treatment of our staff! Frankly, in all my career I have never had the pleasure of working with such a devoted, dedicated, and caring staff. Many of you have said just that to me as well. However, there have been days when some of our members take the liberty of verbally clobbering a staff member. **THIS IS UNACCEPTABLE** regardless of the reason behind it. There will be zero tolerance in the future when this occurs.

We try very hard to do the right thing in this center for ALL members. Please remember we cannot please everyone. If for any reason you are experiencing frustration with the center, please address your issues with me in a polite way. I will address them as quickly as possible! The other item that needs to be addressed is the extra services we provide such as making copies, ordering items for your classes, and providing coffee & tea.

Remember, these are privileges - not entitlements.
Be considerate of the staff and their time, and again please be patient!

Let's look forward to a fun and active-filled 2024!

My best,
Carol

Bucket List

TRAVELERS

BY SCS, INC.



Upcoming 2024 Trips

LA COMEDIA:

\$120 PER PERSON PER TRIP

2024 LA COMEDIA TRIPS:

APRIL 18TH - WEST SIDE STORY

MAY 23RD - THE CHURCH BASEMENT LADIES (PLOWIN THRU)

JULY 25TH - WIZARD OF OZ

SEPTEMBER 5TH - SHEAR MADNESS

OCTOBER 17TH - SATURDAY NIGHT FEVER

DECEMBER 5TH - HOLIDAY INN



Bucket List

TRAVELERS

BY SCS, INC.



Upcoming 2024 Trips Cont.

OTHER DAY TRIPS:

TURKEYVILLE, MICHIGAN MY WAY

APRIL 3RD, 2024

\$150

ONU-FREED CENTER / 9 TO 5

APRIL 27TH, 2024

\$80

REDS BALL GAME

REDS VS DIAMOND BACKS: MAY 9TH, 2024

REDS VS ROCKIES: JULY 11TH, 2024

\$195

JARSON-KAPLAN THEATRE SEX N' THE CITY

MAY 19TH, 2024

\$ - TBA

MYSTERY TRIP

SEPTEMBER 26, 2024

\$155

EXTENDED TRIPS:

BRANSON, MISSOURI

APRIL 21ST-26TH, 2024

\$1510

HENRY FORD MUSEUM/GREENFIELD VILLAGE

MAY 15TH & 16TH, 2024

\$475

FRANKENMUTH - ZENDERS

JUNE 6TH & 7TH

\$290

Bucket List

TRAVELERS

BY SCS, INC.



Upcoming 2024 Trips Cont.

EXTENDED TRIPS CONTUED:

THE ARK/CREATION MUSEUM

JUNE 10TH & 11TH, 2024

\$550

CAPE COD

JUNE 16TH-22ND

\$2905

TECUMSEH - CHILLICOTHE, OH

JULY 18TH & 19TH, 2024

\$400

ALASKA LAND & CRUISE TRIP

AUGUST 22ND-SEPTEMBER 2ND, 2024

PRICES VARY BY CABIN STYLE

FRANKEMUTH - ZENDERS

SEPTEMBER 17TH & 18TH

\$290

POCONO MOUNTAINS RAILS & RIVERBOATS

OCTOBER 2ND-6TH, 2024

\$1799

OVERNIGHT MYSTERY TRIP

OCTOBER 10TH-11TH, 2024

\$460

SMOKY MOUNTAINS CHRISTMAS

DECEMBER 9-12, 2024

\$1,225



Bucket List

TRAVELERS

BY SCS, INC.



Why You Should Travel With SCS



Jacki Duffly

2024 is well underway and many more trips have been added this year! Some more day trips have been added, as requested.

With the merging of Buckeye Charter's travel company, Choice Travel, we have been very busy with calls, trip information requests, and many new travelers who have signed up for our 2024 trips. This is exciting as we will meet new friends and grow our travels here at SCS with the Bucket List Travelers.

Please get your name in on the trips that you would like to take before they fill up! Another topic that I would like to bring up is payments. When you put your name down for a trip, I need a deposit at the time of registering. I've been trying to push this only because we are required to put down deposits to hold seats, rooms, etc. When I call you all saying that a balance is due for a trip, chances are that we have already paid out a sum of money for that specific trip.

I realize things do come up and maybe you will not be able to go on the trip you signed up for, but in this event, please notify me as soon as possible!

With that being said, I would like to welcome any new or current travelers to join us this year and come enjoy new experiences!

Come grab any available itineraries for 2024 trips to learn more!

For additional questions, please call the SCS Business Office at 419-991-8811 and ask for Jacki or email jacki@scslima.com.



Upcoming Events

Congratulations!

Bridge student, **David Dorley**, won an event at the National Bridge Tournament in Louisville, KY. Dave is pictured here with the three Senior Center Bridge Advisors. We welcome members to join us on Tuesdays from 1pm-3pm. If interested call Bob (419-999-4866) or Lily/Carol at the center (419-991-8811).

Diamond Dot Crafting - Beginners Welcome!

Wednesday, March 6th & 20th at 1:00pm

-Large projects are \$8 per person. Small projects are \$4 per person. Please call Mary at 419-204-0570 to sign up!

Apollo Hand Massages & Manicures

Monday, March 11th

-FREE & by appointment only! Call 419-991-8811 to sign up.

Bob's Bridge Class - Beginners Welcome!

Tuesday, March 12th, 19th, and 26th at 1:00pm

-This is an educational class to help those interested in playing bridge.

This will take place in Meeting Room 1.

New Beginnings

Thursday

*Evening

Other Updates

-This is a Christmas program for members. They will

Coping with Grief-

This program will take a break and will plan a summer picnic for a get together and discussion.
Call Karen Weber

The Golden Aires Choir-

They are always accepting new voices! Please contact Gina if interested.

-You will earn a certificate
Gina Vondrell - Choir Director
First Aid/CPR/A. 419-303-9040

Primrose visits SCS

Monday, March 25th from 9am-10am

Primrose will be bringing over donuts, hot chocolate, and a door prize. There will be a table set up in the lobby where you can pick up your refreshments and fill out a slip to enter for the door prize.

Cinnamon Rolls & Coffee for Members

Wednesday, April 3rd from 8am-10am

-Donna will be making homemade cinnamon rolls and Café au lait. They will be served in the lobby for breakfast! This is FREE for members.

Beltone Hearing Services - FREE Hearing Screenings!

Monday, April 8th at 11:30am in Meeting Room 1

-They will present a short informational presentation, bring snacks, and will meet with members one-on-one who would like to receive a hearing screening.

Call 419-991-8811 to reserve your spot!

Movie Showing: A Walk With Grace

Thursday, April 25th - Time is TBD

-This movie was filmed in Lima and was produced by Nick Kellis, a Lima local. Nick will give a quick intro and then members will be able to enjoy popcorn and see the movie!

Call 419-991-8811 to reserve your seat.

"Tres" De Mayo - Taco/Fajita Bar

Friday, May 3rd at 11:30am

-The cost to attend is \$7 per person
You must pay when you sign up!
Limited seats are available.
Please see Carol to register.

Rotary Blood Day

Saturday, May 4th in the MPR

No pickleball!
More details to come!



Light & Healthy Lunches!

Good news, the SCS kitchen is officially licensed as a Restaurant, and I am officially a Certified Food Service Manager! We selected the name "Sunshine Café" for our kitchen operation. Please, sign up and pay for lunch with Carol by the Monday before lunch. Contact me with suggestions for our Sunshine Café, cooking classes, and events.

-Donna Heckler

NEW DATES!

Prices Per Lunch May Vary

**Join us for lunch every second Wednesday of the month from 11:30 am-12:30 pm
& for breakfast every third Thursday of the month from 8:00am-9:00am**

March 13th (Lunch)

Italian Wedding Soup or Vegetable Beef Stew & Focaccia

March 21st (Breakfast)

Frittata & Oven Fried Bacon

April 10th (Lunch)

Turkey or Ham Club Sandwich & Chop-Chop Salad

April 24th (Breakfast)

French Toast Stratta & Sausage

May 8th (Lunch)

Chicken or Tuna Salad Sandwich & Caprese Salad

May 16th (Breakfast)

Scrambled Eggs & Biscuits N' Gravy

June 12th (Lunch)

Homemade Pizza & Salad Bar

June 20th (Breakfast)

Egg Casserole & Air Fried Hashbrowns

(See Carol to sign up and pay. You must pay when you sign up!)

Wellness News



Donna Heckler

Exercise Specialist & Food Service Manager



The SCS Sunshine Café journey for 2024 started with a delicious lunch in January, a Mardi Gras Celebration Lunch on Groundhog Day, and our first Chili Cookoff on February 28th.

Starting in March, the Sunshine Café is proud to offer Lunch on the 2nd Wednesday from 11:30-12:30, in the MPR and Breakfast on the 3rd Thursday from 8:00-9:00 in the Main Lobby. Sign-up for the March lunch and breakfast has already started so check out the SCS Sunshine Café Lunch & Breakfast Menu.

The Sunshine Café is going to offer a couple of treats in the Main Lobby for members including Pie on Pi Day (3.14, Thursday, March 14th) from 8:30-10:00, and an Easter treat (Cinnamon Rolls & Café Olé) on Wednesday, April 3rd from 8:30-10:00.

March and April represent a time of renewal and growth for the earth, animals, and humans. This spring I am going to offer a continuing education series on "Food Is Medicine" to assist you in your journey of renewal and growth. Throughout March and April at the Pool Lobby, you will find "Food Is Medicine" handouts. These handouts explain the science and chemistry of the three macros (protein, fat, and carbohydrates), specific compounds for disease prevention, and what foods contain those compounds. Please, feel free to schedule a time with me to discuss specifics in person.

The Sunshine Café is going to kick off May with a Cinco De Mayo celebration on Friday, May 3rd with a Taco & Fajita Bar with all the fixings and dessert for only \$7.00. This lunch is limited to the first 60 people so please sign up with Carol ASAP, this event will fill up quickly!

A special thank you to the SCS Staff and my kitchen helpers for making the Sunshine Café events possible and thank you to the members and visitors that have participated in the SCS Sunshine Café events.

Wellness News Continued



Molly Scott

Wellness Manager



We started having "Recovery Week" once per 8/9-week session in 2023. We are continuing this trend in 2024.

Recovery Week is an opportunity to take a step back and focus on other important elements of fitness – resting, refreshing, and recovering. During this week we will offer balance classes, posture, and stretch classes, classes that target specific problem areas of the body (neck, shoulders, hips, knees), as well as try some new ideas and class formats. There are options that are appropriate for all levels of mobility. If you are a Basic Member, Aquatic-only member, or Wellness-only member, you are welcome to try ANY classes this week! We want everyone to be able to experience the benefits you can get on land and in the pool. The Wellness Staff Exercise Specialists are available for one-on-one appointments if you would like to "up the ante" in your exercise program – just stop in or call in to schedule an appointment with us!

Recovery Week is not only an educational opportunity for members but a time when Wellness Staff can recover as well! Each Exercise Specialist spends 10-12 hours of their work week teaching fitness classes – this does not include set-up and clean-up. This not only wears down our bodies but our voices as well. We need the time to rest and recover just as much as you all do. This time also allows us to research and look into new class ideas and formats to keep things interesting during our 8 weeks of classes!

We have made a few tweaks to the Wellness Class Schedule for March and April. Early Bird Stretch will now be a 30-minute class instead of a 45-minute class. Stacy will now be teaching a 30-minute Pound class (a specific class form of cardio drumming) on Monday and Wednesday mornings. I will be teaching a Cardio Drumming Class on Friday mornings. We have added what class formats we teach for our Senior Fitness Classes on Monday, Wednesday, and Friday. "Beginner Weightlifting" has been a success and is here to stay! If you would like to get into weightlifting, we have "Weightlifting" on Mondays, Wednesdays, and Fridays at noon, and "Beginner Weightlifting" on Tuesdays.

We have removed "Fitness Boxing" from the schedule due to a lack of interest. However, if you are interested in attending a Fitness Boxing class, let me know and we can see about adding it back in May/June. If there are other class ideas or format changes you would like to see at SCS, please let me know! (Keep in mind we can only do so much with staff and shared class/ sport space)

Last but not least, Pickleball players: Please be mindful of the scheduled Pickleball play times. Please don't set up early if it interferes with another class or activity that is taking place in the Multi-purpose room. Thank you!

If you are not interested in Recovery Week and trying something new, please feel free to stay home and enjoy your week off!

Rock Steady Boxing at SCS Lima

RSB is not only an exercise program for PD, but also a built-in support group! We offer support group meetings once a month for our boxer participants and once a month for our cornerpartner participants. We talk about strategies and tips and tricks on how to navigate the symptoms of Parkinson's Disease and how to help care for someone with Parkinson's Disease. Parkinson's is not just a disease of motor-skills (tremor, shaking, shuffling), it can affect so many non-motor skills too. We teach how to best advocate for yourself or your family member as a PD patient and how to give yourself the best quality of life after a PD diagnosis. If you have any questions about Parkinson's Disease, or are interested in learning more about Rock Steady, please see Molly!

April is Parkinson's Awareness Month! During the month of April, check out the bulletin board for more information on PD. We are also planning a Parkinson's event for some time in April....
More information to come!



MEET THE TEAM



Carol
Executive Director



Jacki
Office Manager/
Travel Director



Debbie
Office Assistant



Lily
Administrative Assistant



Donna
Exercise Specialist & Food Service Manager



Valli
Facility & Maint. Director



Molly
Wellness Manager



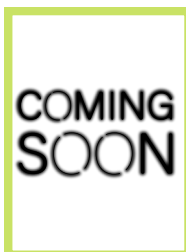
Steve
Exercise Specialist



Jesse
Exercise Specialist



Fred C.
Pool Operator/
Massage Therapist



Kassidee
Wellness Intern



Kambrie
Wellness Intern



Rita
Greeter



Karon
Greeter



Fred T.
Janitor



Stacy
Group Fitness Instructor/RYT



Jana
Group Fitness Instructor



LIKE SCS ON FACEBOOK!



SCHEDULE

WELLNESS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pickleball 6:00-8:00am	Open Walking 6:00am- 7:30am MPR	Pickleball 6:00-8:00am	Open Walking 6:00am- 7:30am MPR		Wellness Center Opens at 8am
7:00am						
8:00am	Early Bird Stretch 8:00-8:30am Classroom 2	Pickleball Courts 1 & 2 7:30-8:30am	Early Bird Stretch 8:00-8:30am Classroom 2	Pickleball Courts 1 & 2 7:30-8:30am	Pickleball 6:00-9:00am	Pickleball 8:00- 11:30am Courts 1 & 2 during Cardio Drumming
		Pound (Drumming) 8:30-9:00am MPR	Cardio Strength Circuit 8:30-9:15am MPR	Pound (Drumming) 8:30-9:00am MPR		
9:00am	Yoga 9-9:45am MPR	Gentle Yoga 9:30-10:15 am Classroom 2	Yoga 9-9:45am MPR	Chair Stretch 9:30-10:00am Classroom 2	Cardio Drumming With Molly 9:30-10:15am MPR	Cardio Drumming 10:00am With Jana See Jana's Schedule for dates
10:00am			Line Dancing 10:00-11:30am MPR	Senior Fitness Strength and More 10:45-11:30am MPR		
11:00am	Senior Fitness Strength Training 10:45-11:30am MPR	Beginner Weightlifting 10:30-11:15am MPR	Senior Fitness Cardio Drumming and Balance 10:45-11:30am MPR	Tai Chi 10:30-11:15am Classroom 2 January 9th - March 14		SCS Closes at noon on Saturdays
		Tai Chi 10:30-11:15am Classroom 2 January 9th - March 14				
12:00pm	Weightlifting 12-12:45pm MPR	Rock Steady Boxing 12:00-2:20 See RSB Schedule for details	Weightlifting 12-12:45pm MPR	Rock Steady Boxing 12:00-2:20 See RSB Schedule for details	Weightlifting 12-12:45pm MPR	
1:00pm	Pickleball 1:00-4:00pm	Open Walking 2:30-3:30pm MPR	Pickleball 1:00-3:00pm	Open Walking 2:30-3:30pm MPR	CLASS LEGEND Level 3- High intensity Level 2- Medium intensity Level 1- Low intensity/ Stretch Class Activity/Sport Rock Steady Boxing - Parkinson's Class Contract Class - Free for SCS Members, \$6 for non-members Ask our Exercise Specialists what class level is best for you!	
2:00pm						
3:00pm						
4:00pm		Table Tennis 3:30-5:00pm	Table Tennis 3:30-5:00pm			
5:00pm	Rock Steady Boxing 5:15-6:30pm	Open Walking 5pm-6:45pm MPR	Rock Steady Boxing 5:15-6:30pm	Dance Cardio 5:30pm With Jana		
6:00pm	Center Closes at 7:00pm					

MARCH & APRIL 2024

SCHEDULE

AQUATIC



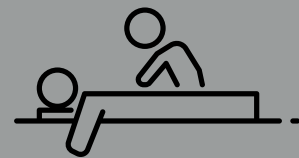
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	3 Lanes Available	6:00-9:00*am Open Pool 2 Laps Available	3 Lanes Available	6:00-9:00am Open Pool 2 Laps Available	3 Lanes Available	Center Opens 8:00am
7:00am	7:00-9:00*am Open Pool 2 Laps Available		7:00-9:00*am Open Pool 2 Laps Available		7-9:00*am Open Pool 2 Laps Available	
8:00am	2 Laps Available		2 Laps Available		2 Laps Available	
9:00am	Cardio Strength 9:00-9:45am	Cardio Strength 9:00-9:45am	Cardio Strength 9:00-9:45am	HIIT 9:00-9:30am High Intensity Interval Training class (Cardio)	Cardio Strength 9:00-9:45am	8:00am-11:30am Open Pool 2 Laps Available
10:00am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	
11:00am	11am-3:00pm Open Pool 2 Laps Available	11am-1:30*pm Open Pool 2 Laps Available	11am-3:00pm Open Pool 2 Laps Available AvailableOpen	11am-1:30*pm Open Pool 2 Laps Available	11am-2:00pm Open Pool 2 Laps Available	Pool Closes 11:30am
12:00pm		Joints In Motion 1:30-2:15pm		Joints In Motion 1:30-2:15pm		
1:00pm					Open Pool	
2:00pm		Water Volleyball 3:30-5:00pm One Lap Available		Water Volleyball 3:30-5:00pm One Lap Available		
3:00pm					Suspended & Fit 4:15-5:00pm One Lap Available	
4:00pm	Open Pool 2 Laps Available	Aqua Zumba 5:30-6:30pm	Cardio, Core & More 5:30-6:15pm 1 Lap Available	Open Pool 2 Laps Available		
5:00pm					Pool Closes at 6:30	Pool Closes at 6:30
6:00pm						

SENIOR CITIZENS SERVICES, INC.



Lima Memorial HEALTH SYSTEM

Affiliate of ProMedica



MASSAGE THERAPY WITH FRED!

Wednesdays & Thursdays

Call or stop in the Business Office to set up your appointment.

Half-hour \$40.00, One hour \$60.00

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2-1-1 provides callers with information and referrals to social services for every day needs and in times of crisis. For example, 2-1-1 can offer access to the following types of services:

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- Legal Issues
- Healthcare
- Emergency Shelter
- Transportation
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SENIOR CITIZENS SERVICES, INC.



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Way



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*Come Visit
Us*

